

kʷu əc'ulluʔs: Frontline Wellness



MARCH 6-8, 2026 | SPIRIT RIDGE, OSOYOOS



*kʷu əc'ulluʔs
coming together*

SUPPORTING FRONTLINE STAFF RESPONDING TO FAMILY VIOLENCE OR SEXUAL HARMS

This event will feature training aimed at enhancing capacity, team-building activities, cultural healing, and an emphasis on personal wellness in a field of providing support to Syilx Nation members in crisis.

EVENT OBJECTIVES

- Enhancing Sustainability Through Personal Wellness
- Tools and Skill Development
- Creating Support Networks



EXTENDED TRAINING WORKSHOPS

Extended learning on culturally informed responses to disclosures of crisis or violence.



SELF-CARE & GROUNDING

Preventing burnout from personal and work-related challenges and stresses.



TRAUMA INFORMED CARE

Understanding the impacts of trauma, signs & symptoms, and the path to recovery.

FOR INDIVIDUALS ENGAGED IN FAMILY VIOLENCE AND SEXUAL HARM PREVENTION AND RESPONSE, CASE MANAGEMENT, COMMUNITY WELLBEING, AND FRONTLINE SUPPORT | SPACE IS LIMITED.

For more information, contact:

Darryl-Jean Peeman, YES Team Lead
YES.TeamLead@syilx.org or 778-392-8133
www.syilx.org

You Empowered Strong (YES)

The YES program provides community awareness, education and training as well as resources on de-normalizing violence and sexual harms as one of the key steps to create change and change behaviors.